

1 I claim:

2
3 1. A process for assisting a person in establishing and adhering to a healthy diet,
4 comprising the steps of:

5 a. obtaining at least one two-sided warning label, having an adhesive on a lower
6 side and having a warning symbol on an upper side,

7 b. placing said warning label on a container containing food which is not
8 conducive to the healthy diet.

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10 2. A process according to claim 1, wherein said label is removable.

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12 3. A process according to claim 1, further comprising:

13 c. obtaining at least one two-sided encouraging label, having an adhesive on a
14 lower side and having an encouraging symbol on an upper side,

15 d. placing said encouraging symbol on a container containing food which is
16 conducive to the healthy diet.

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18 4. A process according to claim 3, further comprising:

19 e. obtaining at least one two-sided alerting label, having an adhesive on a lower
20 side and having an alerting symbol on an upper side,

21 f. placing said alerting symbol on a container containing food which is not
22 conducive to the healthy diet if consumed in significant quantities.

23
24 5. A process according to claim 4, wherein said warning symbol is predominantly red,
25 said encouraging symbol is predominantly green, and said alerting symbol is predominantly
26 yellow.

1 6. A process for assisting a person in adhering to a healthy diet, comprising the steps
2 of:

3 a. obtaining at least one two-sided alerting label, having a temporary adhesive
4 on a lower side and having an alerting symbol on an upper side,

5 b. placing said alerting symbol on top of the dominant hand of the person.
6

7 7. A process according to claim 4, further comprising:

8 g. obtaining at least one two-sided alerting label, having a temporary adhesive
9 on a lower side and having an alerting symbol on an upper side,

10 h. placing said alerting symbol on top of the dominant hand of the person.
11

12 8. A process for assisting a person in adhering to a healthy diet, comprising the step of:

13 a. applying a temporary tattoo having an alerting symbol on top of the dominant
14 hand of the person.
15

16 9. An apparatus for assisting a person in adhering to a healthy diet, comprising:

17 at least one two-sided warning label, having an adhesive on a lower side and
18 having a warning symbol on an upper side, suitable for placing on a container containing
19 food which is not conducive to the healthy diet.
20

21 10. An apparatus according to claim 9, further comprising:

22 a plurality of two-sided warning labels, each having an adhesive on a lower
23 side, and each having a warning symbol, or an alerting symbol, or an encouraging symbol
24 on an upper side.
25

26 11. An apparatus for assisting a person in establishing and adhering to a healthy diet,
27 comprising:

1 a partitioned bowl, each partitioned segment bearing a symbol identifying a
2 particular food group, each segment of a size appropriate to contain a desirable amount of
3 the food group identified by the symbol applicable to that segment.
4

5 12. A process according to claim 4, further comprising:

6 g. serving food to the person in a partitioned bowl, each partitioned segment
7 bearing a symbol identifying a particular food group, each segment of a size appropriate to
8 contain a desirable amount of the food group identified by the symbol applicable to that
9 segment.
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11
12 13. A process according to claim 7, further comprising:

13 i. serving food to the person in a partitioned bowl, each partitioned segment
14 bearing a symbol identifying a particular food group, each segment of a size appropriate to
15 contain a desirable amount of the food group identified by the symbol applicable to that
16 segment.
17

18 14. A process according to claim 4, further comprising:

19 g. providing a chart with printed instructions regarding the healthy diet,
20 h. affixing a symbol substantially similar to said warning label to said chart to
21 identify foods not conducive to the healthy diet,
22 i. affixing a symbol substantially similar to said encouraging label to said chart
23 to identify foods conducive to the healthy diet, and
24 j. affixing a symbol substantially similar to said alerting label to said chart to
25 identify foods not conducive to the healthy diet if consumed in significant quantities.
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27 15. A process according to claim 7, further comprising:

- i. providing a chart with printed instructions regarding the healthy diet,
- j. affixing a symbol substantially similar to said warning label to said chart to identify foods not conducive to the healthy diet,
- k. affixing a symbol substantially similar to said encouraging label to said chart to identify foods conducive to the healthy diet, and
- l. affixing a symbol substantially similar to said alerting label to said chart to identify foods not conducive to the healthy diet if consumed in significant quantities.

16. A process according to claim 13, further comprising:

- j. providing a chart with printed instructions regarding the healthy diet,
- k. affixing a symbol substantially similar to said warning label to said chart to identify foods not conducive to the healthy diet,
- l. affixing a symbol substantially similar to said encouraging label to said chart to identify foods conducive to the healthy diet, and
- m. affixing a symbol substantially similar to said alerting label to said chart to identify foods not conducive to the healthy diet if consumed in significant quantities.